



THE VOICE

FOUR SEASONS NEWSLETTER
The Official Newsletter of Four Seasons at Wall H.O.A.




FEBRUARY 2020
VOLUME 21 ISSUE 2



“Please remember our feathered friends this winter.”
Photo by Bob Wehner

*“We don’t stop playing because we grow old;
we grow old because we stop playing.”*

-George Bernard Shaw



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Community Website: fourseasonswallnj.com

Board of Trustees

President – Bob Beddes
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Officer: Treasurer – Ray Kaden

Community Manager – Chuck Braun
chuck.braun@fsresidential.com
Administrative Assistant – Nancy Lindstrom
nancy.lindstrom@fsresidential.com

***** Open Meetings *****

Wednesday, February 19, 11:00 AM
Wednesday, March 4 & 18, 11:00 AM

***** 2020 General Membership Meetings *****

Tuesday, April 7, 7:30 PM
Thursday, July 16, 7:30 PM
Thursday, October 15, 7:30 PM

***** Candidates Night *****

Wednesday, September 9, 7:30 PM

***** Annual Membership/Election Results Meeting *****

Tuesday, September 22, 7:30 PM

Staff of The Voice

Ann Alexander, Tom Coyle, Joan Daurio,
Betty Kapalla, Walter Nicholson, Carol Oberhauser,
Bob Wehner

Deadline for *The Voice* is the 25th of the month. If the 25th falls on a weekend, the deadline is the preceding Friday.

Please send your articles for *The Voice* as an MS Word attachment to:

Nancy Lindstrom at nancy.lindstrom@fsresidential.com

***The Voice* staff is committed to producing a newsletter that publishes timely information and announcements for, about, and by the residents of Four Seasons.**

- News articles and announcements will be given first priority. Human interest and other “features” are welcome and will be printed as space permits. Articles may be edited.
- No editorials, letters-to-the-editor, or articles of a political nature will be printed.
- No material of any nature that has appeared in another publication will be accepted.
- Monthly deadlines will be strictly observed to allow the production time necessary for publication.
- Your cooperation is appreciated.

TRUSTEES’ CORNER

Treasurer’s Report

Now that we have closed the accounting period for last year, below is a summary of our 2019 Operating Budget vs. the Preliminary Actual Results, which will be finalized after the completion of the normal year end audit. We do not anticipate any significant adjustments as a result of the audit.

	<u>2019 Budget</u>	<u>2019 Prelim Actual</u>
<u>Revenue</u>		
Association Fees	\$ 1,480,000	\$ 1,480,000
Home Sales	55,500	58,125
Other	<u>11,510</u>	<u>9,358</u>
Total Income	\$ 1,547,010	\$ 1,547,483
<u>Operating Expenses</u>		
General & Admin	322,120	328,026
Grounds & Irrigation	638,600	614,588
Clubhouse	176,040	170,359
Pools	71,460	71,115
Gatehouse	<u>134,790</u>	<u>136,169</u>
Total Operating Expense	1,343,010	1,320,257
Replacement Reserve Funding	<u>204,000</u>	<u>204,000</u>
Total Expense	\$ 1,547,010	\$ 1,524,257
Preliminary Net Surplus	<u>-0-</u>	<u>23,226</u>

- Notes:
1. In 2019 there were 21 actual homes sales vs. a Budget of 20.
 2. The Net Surplus was applied as part of the development of 2020 Budget.

In addition to the operating results shown above, below is a summary of Reserves as of the end of 2018 and 2019.

Reserve Balance as of December 31

	<u>2018</u>	<u>2019</u>
Capital Asset Replacement Reserve		

Continued on page 4

cont'd from page 3

	\$ 2,934,934	\$ 3,259,724
Landscape Reserve	187,640	110,006
Snow Reserve	85,000	85,000
Working Capital Reserve	90,415	113,968
House & Recreation Funds	34,662	29,500
2018 & 2019 Operating Surplus	<u>17,557</u>	<u>23,226</u>
TOTAL	<u>\$ 3,350,208</u>	<u>\$ 3,621,424</u>

The Board thanks the Finance Committee for their work during the entire year to help ensure the accuracy and proper reporting of the Community's financial records.

Back Entrance Gate

As this issue of The Voice is being prepared, we expect that the work on the new gate will start the last week of January. Hopefully, the new gate will be in place by the time you are reading this!

Harvest Exchange Site / Proposed Wawa Store & Gas Station

The Wall Township Board of Zoning continued the discussion of this proposal at their meeting on January 8. The Zoning Board had many questions for the Developer concerning issues such as the overall site plan, the size of the store, parking, traffic, etc. The Zoning Board is scheduled to continue their discussion on this proposal at a meeting on March 18.

Solar Panels

The solar panel vendor (BrightEye) and our Management Office are working on the final approvals from Wall Township required to commence operation of the system. We expect that this will be completed in February. Although this is a few months later than we had initially planned on, it should be noted that we will still have the full 10 year period for earning Solar Renewable Energy Credits to repay the loan from the Replacement Reserve Fund. The 10 year program starts when the system goes live.

Governing Documents / Voting Policies

The Board has completed the process of meeting with several attorneys to determine how we can best eliminate any inconsistencies that may exist in our Governing Documents covering voting rules (quorums, affirmative votes, etc.). We are in the process of final reviews to select one of the law firms to assist us with this project.

Committees of the Month

In appreciation for the vital service to the community that each Committees provides, each month will recognize the members serving this year. We are starting this month with Judiciary and Finance:

Judiciary:

Chair - Rich Murray

Members - Lois Brookes, Joan Daurio, Sandy DeGrande, Theresa Driscoll, Alyce Glennon, Tom Kane, Bill Kelly, Tim Mahoney.

Finance:

Treasurer - Ray Kaden

Members - Bob Bennett, Gary Cademartori, Joe Campea, Ed Cook, Dennis Leonard, Pat Moore, Barbara Roche, Bob Sheridan

After Hours Emergency Number

The Association's management company, FirstService Residential, provides its residents with an after-hours emergency number: 1-800-870-0010. Please be advised that an emergency is defined as a situation involving imminent danger to individuals or property and which requires immediate attention.

FirstCall

Most mornings of the work week our FirstService Residential staff; the management staff, the maintenance porter and the gatehouse staff, gather to kick their day off with a conversation that centers on bringing them into their work day. The conversation, prompted by daily scripts, focuses on FirstService Residential's mission statement, the six core values and the fifteen global service standards. Community manager, Chuck Braun, encourages those who are curious about FirstCall to drop in and take part in one.

Board Approvals

January 8, 2020 Open Board Meeting

- The Board Members approved the reappointment of the following committee chairs: Hank McNally - ACC, Pat Moore - Grounds and Irrigation, Harry Nickel and Bob Wehner - House and Recreation Committee, Rich Murray Judiciary, Tim Kearney and John Rowe - Pool Committee, Joan Daurio - *The Voice*, Barbara Sands and Marilyn Wehner - Women's Club as well as the members of all committees, clubs, activities and groups.

Continued on page 5

cont'd from page 4

- The Board Members approved the following four activity requests: 1) Monthly Computer Club meetings – last Tuesday of each month in ballroom from 4 PM to 6 PM, 2) Croquet on Thursdays from 8:30 AM to 11:30 AM (May 7, 2020 through September 24, 2020), 3) Happy Hour – fourth Thursday at 5:30 PM from April through October (third Thursdays in June and September), 4) Events Planning’s Jukebox Legends on September 24, 2020 from 7 PM to 10 PM in ballroom.

January 16, 2020 General Membership Meeting

- The Board Members approved one House and Recreation Committee activity request: 1) monthly Investment Club meetings – 4th Wednesday of each month from 9 AM to 11 AM in the ballroom.

- The Board Members approved the Carl’s Fencing proposal for total of \$3,391.86 for Wall Twp. permit required lockable fence enclosure for clubhouse solar panels inverters.

Open Board Meetings

Wednesday, February 19 and
Wednesday, March 4 and 18
at 11:00 AM



Tribute to Dan O’Connell

In addition to being a gentleman in the best sense of the word, Dan brought an extraordinary professional editing background to *The Voice*. Although he quietly adjusted to the simplicity of the production of our community newsletter after a few edit sessions, he couldn’t let go of the misuse of commas. That became a running joke as he marked the proofs every month. He was a consummate team member who did his job with an unsurpassed meticulous work ethic as editor and proofreader. He appreciated the work of his colleagues, and sought no personal glory. We have lost a treasured staff member and pray that he now rests in peace.

~Voice Staff



IN MEMORIAM

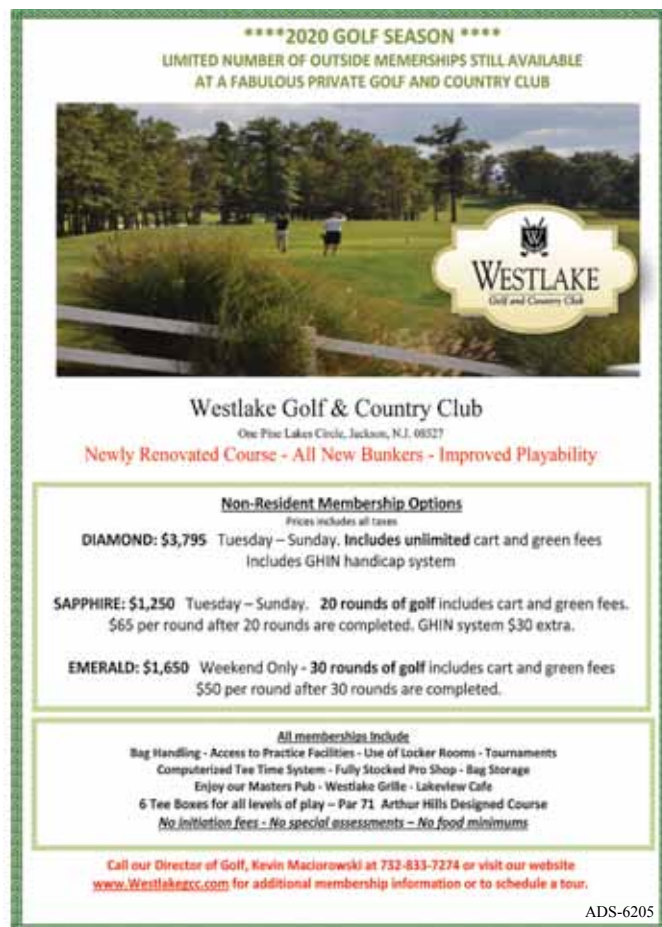
Janet Sciarappo
January 22, 2020

Sally Watts
January 27, 2020

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No initiation fees - No special assessments – No food minimums

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www.Westlakegccc.com for additional membership information or to schedule a tour.

ADS-6205

UPCOMING EVENTS

 <p>Monday, February 17 Presidents' Day</p>	<p>Monday, February 17 Singles Club 4:00 PM Movie Pizza immediately after.</p>  
<p>Monday, February 24 - 9:30 AM Monday, March 30 - 9:30 AM Women's Club Board Meetings</p>	<p>Tuesday, February 25 Mardi Gras Celebration 6:30 - 9:30 p.m. BYO Food + Drink Dessert will be served.</p> 
<p>Saturday, February 29 Adds One Day to 2020 Take advantage of it!</p>  	<p>Monday, March 2 Women's Club General Meeting 9:30 AM Beware of Scammers!</p>  
<p>Sunday, March 8 Daylight Saving Time Begins Lose an hour, but Spring's coming!</p> 	<p>Thursday, March 12 St. Patrick's Party 6:00 - 9:00 PM Come Hungry!</p> 
<p>Monday, March 16 Singles Club Trivia - 7:00 PM</p>  	<p>Tuesday, March 17 St. Patrick's Day</p>  
<p>Wednesday, March 18 Ticket Sale for Women's Club May 1 Fundraiser at the Algonquin Clubhouse 11:00 AM - Noon (See Details under Social Concerns.)</p>	<p>Thursday, March 19 First Day of Spring</p>  
 	<p>Tuesday, March 24 Return of BINGO! - 7:00 PM</p> 
	<p>Coming in June! The Jersey Tenors - Thursday, June 25 7:00 PM / Concert in Ballroom - Refreshments after. (They're GREAT! Listen to them on youtube. Watch for details.)</p>

FOUR SEASONS WOMEN'S CLUB

Invites all Four Seasons members to:

SCAMS and FRAUDS

(Coffee and treats will be offered)

Guest speaker is David Salkin

Director of Consumer Affairs

Monmouth County

All Residents Invited

Monday, March 2, 2020, 9:30 AM

Mission: To unite the women of Four Seasons through service to our community and to the community at large and to provide programs that broaden horizons and increase knowledge

FANCY FEASTINGS

Not Just A



Bake Sale!

Presented by

The Women's Club of Four Seasons

Saturday, April 4

10:00 AM to 12:30 PM at the Clubhouse

If you are a chef no matter how good you are, it's not just good cooking for yourself

The joy is cooking for others

So join us in preparing a baked item or a prepared food for our

FANCY FEASTINGS EVENT

Call Pat Coyle 732 223 0518

WOMEN'S CLUB

Photo by Joan Valeriani



Having some fun after manning the kitchen for the Barbara Libecci Soup Luncheon are Lennie Paterno, Grace Campea, Ann Alexander and Carolyn Gaites. Not pictured is Gloria Moreno. The framed photo in the picture is our beloved Barbara Libecci.

Photo by Grace Campea



The Soup Ladies of the Women's Club are pictured with their final productions before they were devoured by the attendees. Pictured are Aine Lynch-Powers, (Organic Chicken with Orzo), Betty Kapalla, (Carrot Ginger Soup), Joan Daurio (with husband Joe's Beef Barley Soup), Joan Valeriani, (Split Pea with Ham), Claire Majeski with Tomato Basil made by Sheila Devenish, and Susan D'Altrui (Butternut Squash).

WOMEN'S CLUB

Next Meeting: Monday, March 2, 2020 – 9:30 AM

Ladies, be on alert as we return to our regular time of 9:30 AM for our March meeting. January and February were fun meetings with soup, games and fellowship. At our next meeting we will welcome a speaker, David Salkin, Monmouth County's new Director of Consumer Affairs. He will talk to us about scammers and fraudulent business practices. Although the county is tasked to protect consumers, citizens continue to be vulnerable to these very clever and creative thieves. I opened something on my computer last year which contained a virus and I had a large page over my screen informing me I had to call Microsoft. Of course, it was going to cost me a lot of money to "fix" it. I was able to resolve it for free with the help of Norton Anti-Virus, but we are all susceptible in this digital age. Mr. Salkin, an author and former Freehold Township Committeeman will make us more aware of these shady activities and how to avoid them. We would like to invite all members of our community, men and women, to attend this meeting. Usually in a household, one person is more technically savvy and would learn by attending this meeting.

The Women's Club is moving ahead with some wonderful spring activities as you will see in reading *The Voice*. We have our Bake Sale to help with our scholarship for a Wall High School student. We will have our fundraiser on May 1 for the needs of the Wall Community First Aid Squad. We will end our year with a Sunrise Brunch to celebrate our twentieth anniversary as a Women's Club. Do not forget your \$20 dues if they are still unpaid. Our treasurer, **Linda Eisnaugle**, 2553 Heathrow Lane will be glad to accept them.

~ Ann M. Alexander

Social Concerns

Save the date!!! May 1st Fundraiser for Wall Community First Aid Squad

You probably drive past the small, well-kept brick building on Lakewood Road numerous times a week without giving a thought to the many volunteer members of the **Wall Community First Aid Squad** who are just a phone call away – 24 hours a day/7 days a week. Those volunteers are trained to provide assistance to citizens of Wall Township in need of emergency medical care. The Squad came into existence in 1961 through the generosity of loans and donations from other area first aid squads and community groups. They continue to provide services 60 years later because of charitable contributions. On May 1, 2020, the Four Seasons Women's Club will be sponsoring a fundraising event for the **Wall Community First**

Aid Squad at the *Algonquin Arts Theatre* in downtown Manasquan. This event, starting at 6:30 PM, will feature thirst-quenching libations and tantalizing treats. But wait – there's more!! At 8:00 PM you will be invited to sit in for the dress rehearsal of a well-known Broadway musical that will be opening the next night at the *Algonquin*. (Here's a hint about the show: "put on your Sunday clothes" to get in the mood and come say "Hello" to your neighbors and friends.) This will be a unique event for a very worthwhile fundraising recipient!!

Tickets for this evening of socializing and entertainment will be \$40.00. The event is open to residents of Four Seasons and their family and friends. Tickets will be sold on Wednesday, March 18, from 11:00 AM to 12:00 PM in the Clubhouse and also at the Women's Club Bake Sale on Saturday, April 4. [Checks should be made payable to "Four Seasons H&R".] If you are unable to make arrangements to purchase a ticket on either of those dates, contact Julie McClure (juliemcc55@gmail.com) or Peggy Morris (peggymorris1@verizon.net). Mark your calendar now – your participation will benefit the volunteers who serve our community residents when they need emergency medical assistance.

~Julie McClure, Peggy Morris

New Cause for March

Our Social Concerns Committee is taking on a new cause for the month of March! We know that so many of our residents are true "animal lovers," so we are accepting donations for the Jersey Shore Animal Shelter located in Brick, New Jersey. This shelter is a private non-profit organization. Their mission is to care for unwanted, abused, abandoned, and sick animals. We will be collecting items to be donated from March 1 – March 17. **Ginny Orbe** has volunteered to place a collection box outside her front door at 2602 Lantern Light Way.

The items in need are:

- Purina/Pedigree canned dog food
- Purina (non-fish) canned cat/kitten food
- Treats, biscuits, toys for dogs and cats

"Saving one animal won't change the world, but for that one animal, the world changes forever!"

The next meeting of Social Concerns is Wednesday, February 19 at 9:30 AM in the Clubhouse. Please join us! We always welcome new faces and new ideas!!!

~Lorraine Garra, Ellen Maffey-Koons





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EVENTS NEAR AND FAR

February 14 – February 16 12:00 PM – 9:00 PM
Valentine's Day at White Horse Winery, 106 Hall St, Hammonton, NJ 08037. Special wine & chocolate tastings all day, along with food truck fare and live music. Music by Nicki Saffoni 5:30-8:30 PM

February 16 12:00 PM – 4 PM **President's Day at Allaire Village**. Help salute the Presidents of the past by visiting the Historic Village for this special day of patriotic activities. Cooking in the Manager's House and the Allaire Residence, blacksmithing and carving demonstrations, a village-wide "name that President" contest, and patriotic rocket balloons for the kids!

February 25 7:00 AM – 7:00 PM **National Pancake Day at IHOP**. Locations in Wall Township and Brick N.J. Come in for one free short stack of buttermilk pancakes per guest and help three charities. Children's Miracle Network, Shriners Hospitals for Children, and Leukemia & Lymphoma Society.

February 15 thru March 13 10:00 AM – 5:00 PM Pol-lack Gallery, Monmouth University, 400 Cedar Ave., West Long Branch, N.J. Free admissions.

- **Exhibition of Visual Arts** - In her retrospective exhibit, Gina Torello, Professor, demonstrates how light intertwines the subject matter of her oils, pastels, printmaking, photography and sculpture.

- **Access And Opportunity, Diversity & Inclusion** - This juried exhibition will feature works that define what it means to be a good citizen in a global context, a person appreciative of all cultures and committed to fairness with respect and equality for all. By looking broadly at access and opportunity for all members of society regardless of age, disability, ethnicity, gender identity, national origin, race, religious affiliation, or sexual orientation we can help everyone recognize, appreciate, and respect difference.

- **Inquire Within: Aurora Robson** - Aurora Robson is a multi-media artist known predominantly for her work intercepting the waste stream. Her practice is about subjugating negativity and shifting trajectories. Her work formally references recurring nightmares that she had as a child. Dimattio Gallery at Rechnitz Hall.

February 26 7:30 PM **"Women: Power and Identity"** a World Cinema Series event at Monmouth University, West Long Branch, N.J. This film series presents a global cinematic survey of women as leaders of change in patriarchal cultures through their engagement in community, national politics, and film. In this film, The Eagle Huntress, directed by Otto Bell, thirteen-year-old Aisholpan trains to become the first female in twelve generations of her nomad family to become an eagle huntress. Free admission.

March 1 12:00 PM **St. Patrick's Parade** Downtown Belmar.

~ Tom Coyle



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References:

- Gloria and Cono Moreno*
- Patricia & Walter Nicholson*
- Eleanor & Bill Burns*
- Joyce & Al Kirchein*
- Linda & Bob Okrasinski*

*Thank you, Micheal
We look forward to serving you!*

OFFER EXPIRES 2/29/2020

ad-2242b

NURSES CORNER

Why Do I Need to Take Statins?

Sticking to a statin prescription is a major challenge for many adults. For individuals at moderate-to-high risk of a heart attack or stroke, cholesterol-lowering statin drugs can substantially reduce that risk of dying of a heart attack or stroke, compared with those at similar risk who do not take a statin. That is a major benefit, but a statin will not make you feel any better in the short term, and side effects can sometimes be an issue. Perhaps for these reasons, sticking to a statin prescription is a challenge. One recent study looked at 22,000 older adults who had been prescribed a statin drug. At one year after being prescribed a statin, nearly 45% of participants had stopped taking the drug. In a second Mayo Clinic study of medication use after a heart attack, only 48% of people were still taking the drug, putting them at high risk.

If you are prescribed a statin and are considering stopping, or are already not taking it as prescribed, or have stopped taking it altogether, you need to have a discussion with your doctor and inform him or her of your decision as you may be at risk for a heart attack. Here are some key things you need to understand about statins: Benefits and risk calculations are one way for your doctor to communicate your risks based on your individual circumstances. If the benefit is clear and substantial, as it is for many adults, it may motivate you to take the drug. Your doctor can help determine if statins are the likely cause of your side effects such as muscle aches or if the problem is unrelated. If statins appear to be the cause, there are many ways to address this, such as changing dosage and looking for negative interactions with other drugs. If one statin causes problems, switching to another may reduce or eliminate side effects. If you cannot tolerate a moderate dose or a high dose, don't stop taking it altogether. Talk to your doctor about lowering the dose to see if that alleviates side effects. Taking a statin less often than daily is another option. This strategy works with certain statins. *Zetia* is a non-statin, cholesterol-improving drug that can be taken with a low dose of statin to give the equivalent cholesterol-improving effect of a much higher statin dose. For those who are completely unable to tolerate statins, there are some statin inhibitors such as *Pravastatin* and *Repatha* which may be an option. Your doctor will determine what is best for you.

There are severe risks involved in stopping or not following your prescription. The effects of statins on your cholesterol, that clogs the arteries that cause heart attack and stroke, is immediate. Not taking your statin as prescribed, or stopping it, is associated with a higher risk of

heart attack, stroke and death from a heart attack or stroke.

Your diet is an extremely important factor in controlling your cholesterol numbers. Following a diet comprised mostly of minimally-processed plant foods such as vegetables, fruits, nuts, whole grains and beans, fish, low fat dairy, and small portions of lean meat for protein, may help to improve your cholesterol to a point where a lower statin dose is adequate or even not necessary. Exercise is another very important factor in maintaining your weight and avoiding obesity which can also be a major risk factor. Remember, if you are taking statins, do not stop taking them abruptly. Please contact your doctor and inform him or her of your decision. It is not worth the high risk of heart attack or stroke.

~ Aine Lynch-Powers, R.N., M.S.N.

Ref: American Heart Association
www.healthletterMayoClinic.com



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BOOK CLUB

The Four Seasons' Book Club meets on the second Monday of each month in the clubhouse library at **4:30 PM**. Following are the books to be reviewed:

- February NO MEETING
March 9 *Marriage of Opposites* by Alice Hoffman
April 13 *One Day in the Life of Ivan Denisovich*
by Alexander Solzhenitsyn

All Four Seasons residents are welcome. There are no requirements, just a love of reading and a willingness to share your thoughts, impressions and feelings on the books selected, if you wish. If you've read a book, which you feel would be a good choice for the Book Club, come and offer it as a future selection.

~ Sheila Wilten



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BOOK REVIEW

Secret Daughter

Everyone knows how much I love books. They are extra special in the winter when it is too cold and damp to be out. One can sit in a cozy chair by the fire and be transported by the printed page to exotic places, people we would never meet in Manasquan and problems that we are glad not to have. Join Shilpi Somaya Gowda in her novel, *Secret Daughter*, to travel to India and learn of a culture we are not familiar with and a lifestyle we will never know.

Somer is a newly married physician who has met her husband, Kris (Krishnan) Thakkar at Stanford Medical School. The son of a prominent doctor in Mumbai, Kris originally planned to return to Mumbai to practice medicine, but he has fallen in love with everything American, including his super intelligent wife. Life is good until Somer finds she can conceive but not carry a child to term.

At the same time in a small village in India, Kavita Merchant gives birth to her second child, a female. The first child, also a girl, was disposed of. In India, boys are preferred because they can help with the farm or family business. Kavita cannot face the death of her second daughter so she gets her to an orphanage in Mumbai and gives her up after naming her "Usha". She eventually does have a son but, as life unfolds, this son may not be the blessing he was intended to be.

The beautiful Usha is adopted as an infant and raised in the privileged life of the well to do California medical couple, Somer and Kris. She is raised as purely American, knowing very little about the Indian culture. Somer does everything she can to be a perfect mother while her adopted daughter longs for the "love" of her real mother.

When Usha, known as Asha in the United States, wins a scholarship to study and write about women in India, she goes to Mumbai to find a loving Indian family in the Thakkars. She leaves her loving parents and their marriage in turmoil.

This is a story of family and motherhood and of the losses no mother wishes to endure. Krishnan's mother lost her son to California and the American Culture, Somer lost her daughter to the Indian Culture and Kavita lost her daughters to death and to an orphanage. The author says that she wanted the characters and the reader "to feel some satisfaction and peace at the end of the story without making the events predictable, unrealistic, or too neat". She certainly succeeds in telling a really good story about an India living in many centuries at the same time.

~ Ann M Alexander



SINGLES CLUB

The Singles Club enjoyed a fun evening on January 20, 2020 with the annual white elephant gift exchange. A few of the highly-sought after items were “stolen” much to the disappointment of the original selector. We would like to thank **Nancy Dietz** and **Rosemary Kirchner**, our hosts for the evening, who provided coffee and many desserts and sweet treats.

Join us on Monday, February 17 at 4:00 PM in the clubhouse theatre for our next meeting. After viewing an entertaining movie, we'll move over to the ballroom for a pizza and salad dinner and desserts. A sign-up sheet will be available in the clubhouse. Please be sure to add your name so the hosts can determine an accurate count of attendees. Our hosts for the evening are **Terry McCormick**, **Claire McNamara**, **Marilyn Falvey**, **JoAnne Hansen** and **Terry Eirich**. All single residents are welcomed and invited to join us.

If you have not yet paid your 2019-2020 dues of \$10, Treasurer Linda Bonaly will be available to receive them.

-Marilyn Carpini



Thank You

Grace and I wish to thank everyone for their phone calls, texts and e-mails during my illness. The cards, gifts and food were much appreciated. Thank you for your concerns and prayers. We have a vibrant community of friends and supporters. When we count our blessings, we know one of them is living in the Four Seasons Community.

Sincerely,

-Joe and Grace Campea



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Arthur W. Potts Memorial Post 529
 “Veterans helping Veterans”
Remembering Three Legionnaires

Most of the time I enjoy writing these articles for *The Voice* but occasionally not. Writing of those who have gone before us, those who have served is important but not a favorite topic.

Dennis McGackin, 76, was a member of Post 529 beginning in May, 2015 until he and his wife of forty-eighty years, Kathleen, moved from Four Seasons to California. At Four Seasons Dennis was a member of the Chorale and a part of the “Jersey Boys” within the Chorale. The McGackins recently returned to New Jersey, residing in Avon-By-The-Sea. Dennis passed away December 14, 2019. He was a Vietnam Veteran, serving in the Navy from Oct, 1962 to Oct, 1966. He served aboard the USS Opportune (ARS-41), a rescue and salvage ship,

Photo by family



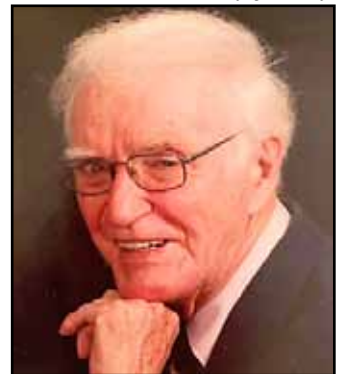
**Vietnam War Veteran
 Dennis McGackin**

which won at least one Campaign Star during the Vietnam Counter Offensive January 19 to 26 February 1966. Dennis earned the NATIONAL DEFENSE SERVICE MEDAL and the VIETNAM SERVICE MEDAL. (See accompanying photo.)

John “Jack” Shine, 89, was a founding member of Post 529 and our first Chaplain (2006-2009). He passed away December 24, 2019. Jack and his wife Jean are seventeen-year residents of Four Seasons. Both Jack and Jean were part of the Four Seasons Bowling League. When Jack had to stop bowling, Jean stayed with us for a few years. Jack was a graduate of Seton Hall Prep and University and received an MBA at Rutgers University. Jack was a Korean War Veteran, serving in the Army from August, 1953 till June, 1955. He attended the Army Signal School at Ft. Monmouth. After school he was assigned to the 999 Signal Company at Ft. Wadsworth, Staten Island, NY. Jack earned the NATIONAL DEFENSE SERVICE MEDAL.

Dan O’Connell, 88, was a long-time member of Post 529 and a resident of Four Seasons since 2004. He passed away January 9, 2020. Dan was always involved in some way with writing and editing; on *The Voice* at Four Seasons, in college at Upsala where he edited the school newspaper and early in his career at Esso (Exxon) where he edited the company newsletter. Dan was a Korean War Veteran, serving in the Army from October, 1954 to September, 1956. He graduated from the 69th Infantry School BAAC (Basic Air Assault Course) at Ft. Dix, NJ in 1955. The description of the BAAC course will give you an idea of what the course entailed; “mounting, dismounting and fast roping” from a US Army Aircraft. After Ft. Dix Dan was assigned to Headquarters 77th Infantry Division, Korea. Dan earned the NATIONAL DEFENSE SERVICE MEDAL (see accompanying photo).

Photo by family



**Korean War Veteran
 Dan O’Connell**

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**Rich Murray
 For Post 529
 (If you have served there is a place for you in 529 call
 732-292-9255.)**

The Joys of Winter

There's just something about the joys of snow that rushes back childhood memories of making snow angels, building snowmen, tobogganing and ice skating. Making snow angels and building snowmen was great fun. Only once did we see a senior resident making snow angels: that was **Dennis McGackin**, when he lived on Collier Road. He also created interesting snow people – made from blocks of snow rather than the standard large round balls. Male and female he made them. His great creativity landed on one of the covers of *The Voice*. We lost Dennis recently – great guy who was so much fun to be with. Rest in peace, good friend!

As a kid, tobogganing was great fun too as you raced down a hill with the toboggan tipping over and everyone rolling in the snow laughing when someone would say: "That was fun!" Though that was fun, you might want to do that again with a reminder that that was in our youth. Falling off a toboggan and rolling in the snow will not feel as it did when you were twelve. But the temptation is there right in Deer Meadow. The hill across from the houses has a decent incline. However, if the snow is a bit icy, you may go right up the other side and land in **Barbara Peterson's** back yard. Barbara is a great host, but she may be a bit startled at your toboggan landing.

As for ice skating, there's another temptation. You do know there is no ice skating on our ponds. Don't give in, even though you were once upon a time a figure skater or into racing on skates. If you dare, you also have to be a good swimmer!

Ponce de Leon is an interesting character. He was a Spanish conquistador. Good old Poncey was the one who named Florida. Around 1571 or so, the Spanish king sent him to Bimini to look for the fabled Fountain of Youth. I think he and the king got it all wrong. I think the Fountain of Youth is in the snow which floods back those great childhood memories. So, darken a room with the fireplace on while sitting in a lounge enjoying those Fountain of Youth early memories. Enjoy February!

-Tom Kane



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THE OLD NEIGHBORHOOD HOME REMEDIES

The other day I was reviewing my calendar for next week's appointments and activities and noted I had an appointment with an urologist for the following Tuesday and an appointment with a neurologist the next Friday. Looking forward to the following week, I discovered I was scheduled for a blood test along with an appointment with a cardiologist at the end of that week. It seems lately my life is just a never-ending of doctor visits and I wondered just exactly when did I latch on to all these doctors?

Growing up in the old neighborhood we didn't have many doctors. In fact, the only one I remember was a middle-aged tiny Italian man by the name of Joseph Sileo, who was our family doctor and who made house calls, always carrying a little black bag. If memories serve me correctly, we only saw Dr. Sileo when one of us encountered a life-threatening accident or illness. I often wondered if, in fact, he was called in for life-threatening stuff, why he didn't carry a bigger bag.

Our medical care back then was delivered mostly by my mother who had no medical training whatsoever and used mostly home remedies and over-the-counter products. She also was big on preventive actions, evidenced by the piece of Exlax chocolate she gave us before bedtime every Friday night. Laxatives, I learned early on, were much better than enemas. I still subscribe to that belief today. To prevent mosquito bites in the summer, she hung strips of fly paper around the house to catch the little varmints before they bit us. I always thought if she closed the windows that would have worked too. However, if we did get bitten, she applied a solution made with something called boric acid, which did, in fact, have a soothing effect. She frequently advised us not to go out with wet hair. "You'll get a cold," she claimed. "And don't pick that scab: you'll get an infection," was another of her warnings.

A splinter in your hand or foot was a real catastrophe! Splinters were sadistically removed by using an old sewing needle that had been heated to a thousand degrees over the stove before being pierced into your skin.

Cuts, bruises and burns were treated with an array of products whose expiration dates had long passed. Burns, for instance, were usually treated first with plain old butter and/or something called petroleum jelly. She applied iodine or mercurochrome to a cut or a bad bruise. We preferred the red mercurochrome over the iodine because the iodine stained your skin and always burnt like a son-of-a-gun. In case of a really bad cut or bruise, my Mom poured hydrogen peroxide all over the wound which burned even more than the iodine (but it didn't stain, she noted). We understandably often tried to hide our cuts and bruises from her.

An upset stomach and nausea were initially treated with ginger ale or pure coke syrup, and, if that didn't work, she gave us a tablespoon of a pink liquid named Pepto-Bismol. For some reason I can still remember Pepto-Bismol's advertising slogan on the "Fat Man" radio program. "Take Pepto-Bismol and feel goood again." I'm not sure the Pepto-Bismol ever worked, but I sure liked the slogan.

Where my Mom really excelled was treating coughs, colds and sore throats. If we had congestion difficulties she would feverishly rub a white salve called Musterole on our chests which smelled to the high heavens and burnt like hell. After applying the salve, she covered our chest with a hand towel, which was kept in place with safety pins that were pinned to our pajama shirt. This ensured that the terrible smell and burning sensation stayed with us the entire night. Real bad congestions got two nights of Musterole, which resulted in a red rash on your chest that lasted until spring. Interestingly enough, years later I went to work for the firm that manufactured Musterole. It was not, I repeat, not a big seller!!

If we had a sore throat, we were required to gargle with salt water, or if she was in a more creative mood, she fed us a watered-down solution of hydrogen peroxide, which immediately dried up the membranes in your mouth. Believe me, we tried not to get sore throats. Coughs were treated with a tablespoon of a bitter-tasting liquid, poured from a mysterious dark brown bottle. No fruit-flavored stuff back then!

She fed us Campbell Chicken Soup when we had a cold and a "nice cup of tea" when we had an upset stomach or were nauseous. Anybody ever get a "bad cup of tea?" She also was a firm believer in the "Feed a cold, starve a fever" theory. In addition to starving us when we had a fever, she fed us a single Aspirin every four hours. I remember the radio announcers back then constantly reminding us that "Bayer's Aspirin is like a Doctor's Prescription."

In retrospect, it all worked: otherwise I wouldn't have mistreated my kids with so many of Mom's home remedies.

~Matt Dietz



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-Walter Nicholson



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CALENDAR OF EVENTS FEBRUARY 15, 2020 THRU FEBRUARY 29, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
17 Presidents' Day Township Closed Management Office Closed 4:00pm Singles Club	18 9:00am Finance Committee 10:00am ACC	19 Trash Pick Up 9:30am Social Concerns	20	21 Recycling Pick Up
24 9:30am Women's Club Bd Mtg	25 4:00pm Computer Club 6:30pm Mardi Gras	26 9:00am Investment Club	27	28

CALENDAR OF EVENTS MARCH 1, 2020 THRU MARCH 31, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30am Women's Club Gen Mtg	3 9:00am H&R 10:00am ACC	4	5 1:00pm Pool Committee	6
8 Saturday <u>Daylight Saving Time Begins</u>	10 9:30am Events Planning	11	12 10:00am Garden Club 6:00pm St. Patrick's Celebration	13
9 4:00pm American Legion 4:30pm Book Club				
16 7:00pm Singles Club	17 St. Patrick's Day 9:00am Finance Committee 10:00am ACC	18 9:30am Social Concerns 11:00-12:00 Ticket Sales! May 1 Fundraiser	19	20
23	24 4:00pm Computer Club 7:00pm Bingo	25 9:00am Investment Club	26	27
30 9:30am Women's Club Bd Mtg	31			

WEEKLY RECURRING EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
Monday 8:00am Mermaids 9:00am Advanced Yoga 9:30am Power Walk 9:30am Water Lilies 12:30pm Bridge 1:00pm MahJongg 6:30pm Poker Group 7:00pm Shanghai Rummy	Tuesday 8:00am Mermaids 9:30am Gentle Yoga 9:30am Water Lilies 12:30pm MahJongg 1:00pm Shanghai Rummy	Wednesday 8:00am Mermaids 9:30am Power Walk 9:30am Water Lilies 12:30pm Bridge 1:00pm MahJongg	Thursday 8:00am Mermaids 9:00am Advanced Yoga 9:30am Water Lilies 12:30pm Bowling 1:00pm Canasta 7:00pm MahJongg 6:30pm Poker Group	Friday 8:00am Mermaids 9:30am Power Walk 9:30am Water Lilies 1:00pm Shanghai Rummy 1:00pm Bridge 7:30pm Movie

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Milestones

On January 3, 2020 the family of Dolores Dearborn surprised her at our clubhouse with a celebration of her ninetieth birthday. She was born on December 30, 1929. As the photo depicts, Dolores, shown with her husband, John, was more than surprised. She was shocked. In addition to her family, Dolores celebrated with her Four Seasons Mermaid Group.

-Ann M. Alexander

Photo by Marilyn Wehner



If you wish to tell *The Voice* about a special event in your life such as a significant birthday or anniversary, please call Ann Alexander at 732-528-8194 or email her at editorvoicefs@gmail.com.

-Ann M. Alexander

Photo by Ed Morris



Dolores Dearborn is surrounded by The Mermaids at her birthday party. From left to right are Bobbie Swander, Peggy Morris, Patricia Nicholson, Marilyn Wehner, Patty Dwyer, Rose Taylor, Ursula Maher, Renee Sullivan, Roseann Gioia, and Rosalie Minotti.

Photo by a family member



At Bill Kelly's 80th Birthday party hosted by his wife Maryann, some Four Seasons friends joined the celebration. Shown here (from left) are: Tim Mahoney, Pat and Bob Pless, Bill Guarini, Bill and Maryann, Carol Mahoney, Mary Lou Guarini, Jim and Carolyn Melia, and Pat and Tom Coyle.

On the Street Where You Live

Linda & Jack Eisnaugle
2553 Heathrow Lane

Photo by Joan Daurio



The atmosphere in Linda and Jack's home is very calm, reflecting the quiet personalities of these two soft-spoken, thoughtful individuals. Quite a welcome relief from other rather hectic, noisy, somewhat chaotic households that I have had the 'pleasure' of visiting outside our community.

Jack was born and raised in Ohio and is blessed with a refined knack for music. He played trumpet during his high school years, where he was often asked to play Taps for the American Legion. In college he played the piano, and in his church he filled in as accompanist on the organ. He attended Ohio State University, graduating with a BS in Business Administration. Immediately following graduation he joined the Air Force. In 1953 he was discharged as a 2nd Lieutenant, having served for 3 years as a supply service officer. He returned to Ohio where his first job was in the Human Resources department of Federated Department Stores (Macy's, Bloomingdale's, etc.). After 3 years, he was offered a job with the Bendix Corporation and joined them in Indiana. After 4 years they transferred him to Ohio, and later to Ann Arbor, Michigan (... where he was the lone – and probably scorned - fan of Ohio State teams on the campus of the University of Michigan. Takes courage!).

When that facility closed, Jack accepted a job at Schering-Plough in the Human Resources department in their office in Memphis, Tennessee. He really loved that part of the country, but in the mid 1970's he was transferred to New Jersey, where he worked at their corporate

headquarters in Madison on the Dodge Estate. It was there that he met **Dr. Phil Passalacqua**, who was the company's physician. While there he lived in Short Hills, New Jersey. Jack remained with the company for 25 years until 1995. After having retired from corporate life, Jack continued working for Schering as a consultant for another 2 years before retiring for good.

Linda grew up in Newton, New Jersey. She received a BS degree in Teaching from East Stroudsburg State College, but she never really wanted to teach, so didn't. After graduating, her heart was set on going to Washington, D.C. She landed a job working on Capitol Hill for the New Jersey U.S. Senator Harrison Williams for 10 years. She really took to that metropolitan lifestyle in which young adults thrive. (She claims that back then things were quite different and staffs of varying parties actually got along.) In 1979, Linda moved back to New Jersey, working for Williams in his Newark office and living in Millburn.

Linda's next job was as the Director of Government Relations at Overlook Hospital in Summit, New Jersey. She remained there for 4 years, during which time her title expanded to include Director of Volunteer Services. It was while living in Millburn that she attended the same church as Jack. They were soon married in that same church in 1984. Then she switched to work for the CFA (Commercial Finance Association) in Manhattan, again as their Director of Government Relations – another job she really enjoyed from 1985-1997. While there, Jack had the benefit of being able to accompany her to national conferences in such venues as Puerto Rico, Hawaii and Toronto. It was during this time that they met ladies who are among the newest Four Seasons residents, **Sue Moritz** and **Bonnie Cater**.

When Jack retired in 1997, their Short Hills neighborhood, for various reasons, was losing its appeal to them. They had an opportunity to sell their home. It sold in one day, and Linda exited the workforce swiftly and surprisingly. They moved to North Wall where their neighbors were relatives of **Theresa Benoit** and **Jack and Lennie Paterno**, so they became more familiar with Four Seasons.

From the early 90's they had owned a summer home on Chadwick Island, New Jersey, so they were familiar with the Jersey Shore and thought they may some day want to live in the area. In 2015 they tried selling their home in North Wall. It actually sold on day one, but unfortunately the deal fell through. In 2017 out of nowhere came a call from a young couple, familiar with the house from its earlier internet listing, asking if they were still interested

Continued on page 27

cont'd from page 26

in selling. That was the motivational nudge they needed, so they agreed to sell, downsized as quickly as possible, and donated many things to the local furniture bank, for which they were forever grateful.

Linda and Jack have been members of the First Presbyterian Church in Manasquan for 21 years. Being church friends, they knew that **Ruth-Alice Potts'** home was for sale, and that's where they now live. Jack was the church Treasurer for 10 years, including when a major construction project took place in which the Sanctuary and Christian Education buildings were connected. In addition, he remains as assistant Treasurer of the Church today. Linda has served in a number of positions, including Elder, Clerk of Session, and currently, Moderator of the Board of Deacons. After moving here in January, 2018, Jack joined our American Legion Post 529, attends the monthly off-site lunches of our men's group, and also enjoys being a part of our Chorale. He and Linda picked up Mixed Bocce very quickly and were glad to be able to meet so many residents. Linda belongs to the local chapter of PEO (a Philanthropic Educational Organization). Obviously not cherishing too much free time, she stepped right up to assume the position of Co-Treasurer of our Women's Club. She is also very involved with projects undertaken by our Social Concerns Committee. Very conveniently she has become our personal 'liaison' between that committee and the Manasquan Food Pantry, housed in her church, which we have robustly supported throughout the years.

Jack has a son, Chris, living in Las Vegas with his wife Karen, an equestrian pro and their son, Jon, and a yearly visit out West is scheduled every March. His daughter, Heidi, lives in Little Falls, New Jersey, so they obviously see much more of her.

With all that these busy folks do, it was even more surprising how relaxed and low-key our discussion was of their stories. Another totally enjoyable couple, eager to volunteer wherever needed. Do catch them, if you can!

~Joan Daurio

VOLUNTEERS EXTRAORDINAIRE

Photo by Marilyn Carpini



We all recognize that it takes many, many volunteers to keep our community as active and as beautiful as it is. As the holiday season began, one particular woman stood out among the rest for the degree of tasks and events she undertook. **Barbara Sands** truly outdid herself as she designed and directed the decorations in the clubhouse and at the front gate, led the Women's Club as Co-President, organized and prepared many of the refreshments for the Christmas Tree lighting, and took the lead for the third consecutive year organizing the community Christmas Party at the Spring Lake Bath & Tennis. Yes, she had helpers, including members of the Events Planning Committee and other volunteers. Of course, **Craig** was her number one assistant as he pitched in for all events, and also served as an usher for the Holiday Concert. With much appreciation and gratitude, thank you Barbara and Craig!

~Marilyn Carpini



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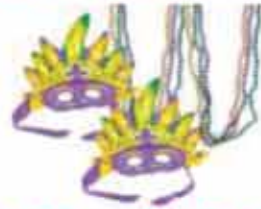
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New Year's Eve

Photo by wait staff



At Spring Lake Manor in Spring Lake. First row left to right Craig Sands, Tom Malloy, Anne Williams, Lois Danese, Carl Riley, Lorraine Walsh. 2nd Row, Al and Flo Guippone Nick and Carole Korolkoff, Marge Granata, Barbara Sands, Joe Walsh, Mary Lou And Jerry O'Callahan.



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